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De igual manera, nuestros hallazgos de que los estresores de las minorías (como la homofobia interiorizada, la ocultación de la orientación sexual y la discriminación heterosexista) se asocian a un aumento de las conductas y preocupaciones relacionadas con la imagen corporal no es sorprendente a la luz de investigaciones anteriores (Bayer et al, 2017; Brewster et al., 2017; Oshana et al., 2020), es decir, las mayores preocupaciones psicológicas de los individuos pertenecientes a una minoría sexual a la existencia en una sociedad heterosexista (Meyer, 2003).

A su vez, en los resultados se observan correlaciones positivas entre tener un gran sentimiento de pertenencia a la comunidad LGTB y la insatisfacción corporal. En relación a esto, Bosley (2011) explica que es irónico que después de pasar por el estrés que supone "salir del armario", los hombres homosexuales puedan sentir una intensa presión para ajustarse a las normas de su nueva comunidad. Hospers y Jansen (2005) descubrieron que la presión de los compañeros estaba muy correlacionada con la insatisfacción corporal en los hombres homosexuales.

Los estudios experimentales han encontrado que una breve exposición a imágenes de cuerpos masculinos idealizados poco realistas a los que están expuestos los hombres homosexuales produce la insatisfacción corporal y la preocupación por mejorar la musculatura (impulso de musculatura), y aumenta la depresión (Agliata & Tantleff-Dunn, 2004), lo que se ajusta con nuestros resultados. Además, la creciente objetivación del cuerpo masculino en los medios visuales (Aubrey, 2006), puede reforzar las expectativas culturales sobre el atractivo físico a las que los hombres homosexuales pueden sentirse presionados para ajustarse (Carper et al., 2010) y, por lo tanto, en comparación con los heterosexuales, pueden correr un mayor riesgo de experimentar las consecuencias negativas del proceso de objetivación (Martins et al, 2007; Siever, 1994; Yelland y Tiggemann, 2003). Esta teoría de la objetivación explica nuestros resultados.

Los hallazgos sobre que la alteración de la imagen corporal se asocia con una peor salud mental en general en la población homosexual, que algunos autores explican por el modelo del estrés de las minorías anteriormente mencionado (Meyer, 2003), respaldan nuestros

resultados acerca de cómo una menor satisfacción con la vida (Hosking et al., 2017) , depresión y abuso de alcohol (Gadalla & Piran, 2007), peor autoestima (Hunt, Gonsalkorale, & Nosek, 2012), conductas sexuales de riesgo (Allensworth-Davis et al., 2008) y mayor pensamiento rumiativo (Mason y Lewis, 2016), es decir, mayor malestar psicológico se relacionan con actitudes más negativas hacia la imagen corporal.

Por último, se han encontrado algunas dificultades o limitaciones a la hora de llevar a cabo esta revisión. La bibliografía en este ámbito, aunque ha cobrado importancia durante los últimos años aún sigue siendo escasa. Además, la mayoría de las investigaciones con las que se cuentan están realizadas en el ámbito internacional, sobre todo en América y Australia, por lo que todos los artículos con los que nos hemos encontrado están escritos en inglés. Esto puede provocar a su vez que los resultados no puedan generalizarse a una muestra española o haya habido posibles errores en la traducción. También en algunos estudios la muestra de hombres de minorías sexuales era bastante inferior a aquellos heterosexuales, por lo que algunos de los resultados no podrían ser del todo representativos. Otra de las limitaciones ha sido la inclusión únicamente de estudios empíricos, de corte cuantitativo, apartando así otros trabajos cualitativos o revisiones sistemáticas.

Para concluir, en este trabajo se presenta una revisión que analiza la relación entre TCA en población masculina y sexualidad y las diferencias que existen en cuanto a la percepción de la imagen corporal entre hombres de diferentes sexualidades, además de evidenciar cuales son los factores que pueden estar influyendo. Los resultados indican la necesidad de crear programas de prevención e intervención temprana con perspectiva de género y de diversidad sexo-afectiva relacionadas con la insatisfacción corporal, separando así la creencia popular de que los desórdenes alimentarios son problemas exclusivos de las mujeres y atender a los diferentes factores de riesgo que a día de hoy afectan a esta debido a que muchos estudios han sido realizados cuando las redes sociales no estaban aún en auge y estas marcan a su vez los ideales de belleza. Igualmente es necesario seguir investigando en este ámbito, sobre todo en territorio nacional, debido a la escasez y obsolescencia de los artículos disponibles.



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## 6. Anexos

### Anexo 1

#### Principales características de los artículos

Titulo	Autores	Año	País	Revista
Sexual Orientation Moderates the Effect of Gender on Body Satisfaction: Results From a National Probability Sample.	Basabas et al.	2019	Nueva Zelanda	The Journal of Sex Research
Factors Related to Muscle Dysmorphia Symptomology in Adolescent Males.	Briseno-Johnes	2017	EE. UU.	Walden Dissertations and Doctoral Studies Collection
The Impact of Relationships on the Association between Sexual Orientation and Disordered Eating in Men.	Brown y keel	2012	EE. UU.	International Journal of Eating Disorders
The Impact of Relationships, Friendships, and Work on the Association Between Sexual Orientation and Disordered Eating in Men.	Brown y Keel	2013	EE. UU.	Eating disorders
Development of Muscularity and Weight Concerns in Heterosexual and Sexual Minority Males.	Calzo et al.	2013	EE. UU.	Health Psychology
Sexual orientation disparities in eating disorder symptoms among adolescent boys and girls in the UK.	Calzo et al.	2017	Reino Unido	European Child & Adolescent Psychiatry
Predictors of disordered eating and acceptance of cosmetic surgery among drag queen performers.	Carreta et al.	2019	EE. UU.	Body Image

Influence of gender role orientation (masculinity versus femininity) on body satisfaction and eating attitudes in homosexuals, heterosexuals and transsexuals.	Cella et al.	2013	Italia	Eat Weight Disord
The role of sexual minority stress and community involvement on disordered eating, dysmorphic concerns and appearance- and performance-enhancing drug misuse.	Convertino et al.	2021	EE. UU.	Body Image
Disordered Eating Behaviors Among Italian Men: Objectifying Media and Sexual Orientation Differences.	Darkanalis et al.	2012	Italia	Eating Disorders
Predictors of Eating Attitudes and Behaviors Among Gay Hispanic Men.	De Santis et al.	2012	EE. UU.	Archives of Psychiatric Nursing
Pluralistic Ignorance of Physical Attractiveness in the Gay Male Community.	Flave-Novak y Coleman	2018	EE. UU.	Journal of Homosexuality
The association between sexual orientation, susceptibility to social messages and disordered eating in men.	Gigi et al.	2015	Israel	Appetite
Sexual Assault, Victimization and Eating Disorders Among College-enrolled Men.	Granson et al.	2020	Canadá	Journal of Interpersonal Violence
Pornography use in sexual minority males: Associations with body dissatisfaction, eating disorder symptoms, thoughts about using anabolic steroids and quality of life.	Griffiths et al.	2017	Nueva Zelanda	Australian & New Zealand Journal of Psychiatry

<b>Anabolic steroid use among gay and bisexual men living in Australia and New Zealand: Associations with demographics, body dissatisfaction, eating disorder psychopathology, and quality of life.</b>	Griffiths et al.	2017	Australia y Nueva Zelanda	Drug and Alcohol Dependence
<b>The Contribution of Social Media to Body Dissatisfaction, Eating Disorder Symptoms, and Anabolic Steroid Use Among Sexual Minority Men.</b>	Griffiths et al.	2018	Nueva Zelanda y Australia	Cyberpsychology, behavior, and social networking
<b>Appearance discrimination and binge eating among sexual minority men.</b>	Grunewald et al.	2021	EE. UU.	Appetite
<b>Weight Misperception and Unhealthy Weight Control Behaviors Among Sexual Minorities in the General Adolescent Population.</b>	Headlan et al.	2013	EE. UU.	Journal of Adolescent Health
<b>Can appearance conversations explain differences between gay and heterosexual men's body dissatisfaction?</b>	Jankowsk et al.	2014	Reino Unido	Psychology of Men and Masculinity
<b>The Relationships Between Sense of Belonging to the Gay Community, Body Image Dissatisfaction, and Self-Esteem Among Australian Gay Men.</b>	Kousari-Rad y McLaren	2013	Australia	Journal of Homosexuality
<b>Eating disorder symptoms among undergraduate and graduate students at 12 U.S. colleges and universities.</b>	Lipson y Sonnevile	2017	EE. UU.	Eating Behaviours
<b>Body size and weight, and the nutrition and activity behaviours of sexual and gender minority youth: findings and implications from New Zealand.</b>	Lucassen et al.	2018	Nueva Zelanda	Public Health Nutrition

<b>Body Image Disturbances as Predictors of Reduced Mental Health Among Australian Gay Men: Being in a Relationship Does Not Serve as a Protective Factor.</b>	Marmara et al.	2018	Australia	Archives of Sexual Behavior
<b>The role of sexual orientation in the relationships between body perception, body weight dissatisfaction, physical comparison, and eating psychopathology in the cisgender population.</b>	Meneguzzo et al.	2020	Italia	Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity
<b>Peer Victimization and Unhealthy Weight Control Behaviors—the Role of Intersecting Identities among New York City Youth.</b>	Thapa y Kelvin	2017	EE. UU.	Journal of Urban Health
<b>Relationship Between Weight-Related Behavioral Profiles and Health Outcomes by Sexual Orientation and Gender</b>	Vankim et al.	2016	EE. UU.	Obesity
<b>Gay male attraction toward muscular men: Does mating context matter?</b>	Varangis et al.	2012	EE. UU.	Body Image
<b>Rumination mediates the associations between sexual minority stressors and disordered eating, particularly for men.</b>	Wang y Borders	2017	EE. UU.	Eat Weight Di
<b>Viewing Sexually Explicit Media and Its Association with Mental Health Among Gay and Bisexual Men Across the U. S.</b>	Whitfield et al.	2017	EE. UU.	Archives of Sexual Behaviours
<b>Relationship between disordered eating and self-identified sexual minority youth in a sample of public high school adolescents.</b>	Zulling et al.	2016	EE.UU.	Eat Weight Disord

